

Heritage Center Blast

Update Nov. 16, 2016

Happy Thanksgiving!

This year we give thanks to all of you who support the Heritage Center throughout the year. Enjoy the Thanksgiving Holiday with your friends & family.

Reminder: There will be no activities occurring at the Heritage Center Wednesday (11/23) through Friday (11/25). The office will be open on Wed. (11/23), but closed the remainder of the week in honor of the Thanksgiving holiday.

1. **Tai Chi** - Our Tai Chi class will not be in session the week of 11/21. **Classes on Monday, 11/21, and Wed. 11/23, are canceled.** Friday classes are canceled due to the HC being closed.

2. There will be **no Spanish class on Tuesday, Nov. 22nd.** Class will resume on Nov. 29th.

3. **YOGA FOR THE REST OF US** - Future sessions: 12/7, 12/14, & 12/21 @ 1:30 p.m. All classes will be meeting in the Community Room. All classes are FREE. Please note there will be no class on November 30th.

4. Our **scrapbooking class** started on **Wed., Nov. 16th @ 1:00 - 3:00 p.m.** The next class will be on 11/30. If you are interested in paper crafts, card making, etc. our instructor can accommodate you as well. Kindly contact our office for more details.

5. 'Tis the season to be doing holiday cards. In light of this, we are having a **special card making workshop on Friday, Dec. 2nd at 9:30 a.m. - 11:30 a.m.** Fran Moore will be instructing and providing all needed materials for making 2 different card varieties. You will go home with materials to make more of the same. Please register at the Heritage Center by Tuesday, Nov. 29th with your \$10.00 fee.

6. Our **Annual Holiday Luncheon** is set for **Thursday, December 8th @12:00 p.m.** We'll be serving Turkey and all the trimmings, as well as door prizes and musical entertainment by our Redding school choral groups all for \$5.00! Come celebrate all you have to be thankful for with your friends at the Heritage Center.

7. Join us for a **trip around the world with Peter and Annet Bonfanti.** This past winter Mr. and Mrs. Bonfanti spent 75 days traveling around the world and they're now ready to share their experiences with you in a 75 minute travelogue on **Friday Dec. 9th at 10:30 a.m. - 12:00 p.m.** Come have coffee and a breakfast snack, then

sit back and enjoy the free trip. It promises to be a delightful way to spend a Friday morning at the Heritage Center.

8. For those enrolled in the Tues. afternoon **Art** class, please remember there is **no class** on Tuesday, November 29th. and through the month of December. Classes will resume in Jan. after the instructor has recovered from surgery.

9. A volunteer from Bethel Health Care has graciously offered to conduct a free **wreath making workshop** on **Wednesday, Dec. 14 from 1:00 p.m. - 3:00 p.m.** This is an excellent way to create your own personal holiday wreath at no cost. Wow! Contact our office a.s.a.p. to put your name on the list of participants. We'll even provide some festive eggnog to get you in the holiday spirit.

10. Are you interested in a routine **walking program**, but the winter weather is a big deterrent? Well come to the **community center lower gym** on a **Wed. and/or Thurs. morning** from 9-10:00a.m. beginning Dec. 5th and walk your laps to music. Bring a friend, track your steps and keep up your fitness. We've reserved the gym just for you, and it's free! Just let us know you're coming.

11. Are there any rug hookers out there? If so, please contact our office...we have some supplies you may like.

12. Lastly, we do our best to create appropriate activities for our Heritage Center program, but we can't think of everything. So if there is a topic, exercise, or skill you are interested in pursuing, please let our office staff know and we'll be happy to try to make it happen.

Please contact our office (203-938-9725) to register and/or for more info on the above offerings.

For all weekly classes we ask that you register at the beginning of each month before the class begins so we can have accurate rosters available for our instructors.

We're looking forward to seeing you here at the Heritage Center where you can become informed, become enriched, get fit, and/or explore your talent.

Contact Heritage Center (203-938-9725) for any further information and /or to RSVP to an event.

